

TABATA CLASS



What is Tabata?

Tabata training is a high intensity interval training (HIIT) featuring exercises that last four minutes. You exercise for 20 seconds and rest for 10 seconds. There are 8 cycles which totals 32 minutes (warm up, cool down, and transition time in between exercises adds about 10 minutes).

<i>WHEN</i>	<i>TIME</i>	<i>INSTRUCTOR</i>
Tuesday's	6:30pm	Maggie Tucker



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